

# Gymnastics April 2015

## Exhibition Meets

Each May we hold an exhibition meet for each of our gymnastic classes, including the Parent & Child, Preschool, Boys and Girls classes.

Each gymnast learns a routine that they can perform for their families and friends. At the end of each meet, gymnasts are recognized and receive awards. Each meet lasts about an hour. A photo opportunity will be set up in another gym for you to use if you would like. It is a very fun and an exciting time of year!

This year's theme is: Flip Flop into Gymnastics.

Watch for more information to follow in the May newsletter about dates and times.



## Dates to Remember!

May 12	Next Pass-Off Night
May 15-21	Week of Exhibition Meets!
May 18-30	Regular classes will not be held
May 25- 30	NO Gymnastics due to the last week of school/Memorial Day
June 3	Summer Session 1 Begins
July 1-4	No gymnastics/Indep. Day
July 13	Summer Session 2 Begins



*Summer and Exhibition Meet Schedules will be attached to May's Blue envelopes.*

We are excited to announce that the summer schedule will be held in two 5 week sessions this year! Session 1 will be June 3 – July 10 and Session 2 will be July 13 – August 14. September's classes will begin August 31<sup>st</sup>.

## Class Schedules for May:

**-There will be full class lessons during the first 3 weeks through Saturday, May 16th.**

**-The exhibition will begin on Friday, May 15 thru Thursday, May 21. On weekdays the exhibitions are at 5:00, 6:00 & 7:00 pm and on Saturday afternoon. A schedule will be attached to May's newsletter.**

**-This is a class performance for ALL gymnasts (with the exception of some competitive team) to show parents their gymnastics routines they have been learning, to be individually recognized and receive an award.**

**-There is no additional charge for the exhibition meet.**

**-The last week of May, classes will not be held (May 25- 30)**

*Summer Registration* will ONLY be available at the Registration desk Mon – Fri 8:00 a.m. – 6:00 p.m.

**\*Blue envelopes need to be turned into the Registration desk.\***

This will allow your child to be registered in the correct summer class. If any class changes need to be made, transfer requests are available at the Registration Office. Open registration for new gymnasts begins online and in registration on May 26, 8:00 am.

## Spectators:

We greatly encourage family and friends to watch their gymnast during class time. For everyone's safety, please sit in the above mezzanine area and closely supervise any children not participating in class.

**\*May's tuition is due by April 20<sup>th</sup>.\***



# Boy's Routines

## Level 1:

### VAULT

- Straight Jump; stick

### PARALLEL BARS

- Jump to support
- 3 Swings to Straddle travel
- 3 Swings to dismount straight back

### HIGH BAR

- Pullover
- 3 Casts to Forward Roll
- 3 Swings to Back Dismount; Stick

### RINGS

- Jump catch
- 3 Sec L Hold
- 3 swings to inverted hang
- Skin the Cat
- Dismount; stick

### POMMEL HORSE & MUSHROOM

- 3 Straddle Swings
- 2 Front Leg Cuts to Dismount

- Half Circle

### FLOOR

- Forward Roll
- Kick Cartwheel Step-in
- Candlestick
- Roll up to Pike, Straddle to Pancake
- Push Through Straddle Roll to Straddle Stand
- Bring Feet Together then out to Scale, Step in
- Lunge Handstand Lunge
- Finish

## Level 2:

### VAULT

- Arm circle straight jump; stick

### PARALLEL BARS

- Jump to 3 Swings
- Straddle to straight arm straddle travel
- Pike hold 3 sec right out of straddle travel
- 3 Swings to Side Rear Dismount

### HIGH BAR

- Pullover
- Cast Back hip circle
- Underswing (Lay back)
- 3 Swings (regripping) to Back Dismount

### RINGS

- Jump Catch
- 3 Sec L Hold
- 3 Swings to Inverted Hang
- Skin the Cat
- Dismount; stick

### POMMEL HORSE & MUSHROOM

- Start with one hand on the handle and the other on the Pommel
- Travel down to handles
- 3 Straddle Swings
- 2 Leg Cuts to Front Dismount

- Half Circle

### FLOOR

- Kick Lunge to Handstand
- Step Kick Cartwheel Chasse Cartwheel Step-In
- Backward Roll to Straddle Stand
- Headstand Forward Roll to Pike
- Straddle to Pancake
- Pike to Candlestick
- Roll to Stand; Put Bad Foot out to Scale
- From Scale to Lunge
- Round Off Rebound, Finish

## **Level 3:**

### **VAULT**

- Arm circle straight jump; stick
- Arm circle dive roll

### **PARALLEL BARS**

- Jump to 3 Horizontal Swings
- Straddle to straight arm press straddle travel
- Pike hold 3 Sec (Level with bars)
- 3 Horizontal Swings to Side Rear Dismount

### **HIGH BAR**

- Pull-up
- Pullover
- Cast
- Lay back Underswing
- 3 Swings to Half Turn
- Swing to Switch Hand
- Back Dismount; Stick

### **RINGS**

- Jump Catch
- Chin Hold; L Hold –3 Sec
- 3 Horizontal Swings to Inverted Hang
- Pike to Skin the Cat
- Dismount; Stick

### **POMMEL HORSE & MUSHROOM**

- Start with Both Hands on Side of Pommel
- Travel Down to Handles
- 5 Straddle Swings
- 2 Leg Cuts to Front Dismount

- Full Circle

### **FLOOR**

- Kick Handstand Forward Roll
- Run Cartwheel Chasse Cartwheel Step-In
- Backward Roll to Push-up
- Slide to Straddle Stand
- Headstand Forward Roll to Pike
- Straddle to Pancake
- Pike to Candlestick Then Stand
- Scale Step-in
- Power Round off Rebound to Backward Roll
- Finish

## **Level 4:**

### **VAULT**

- Arm circle Handstand Flat back

### **PARALLEL BARS**

- Back Uprise to an arm hang 3 sec
- Press up to Support
- 3 Horizontal Swings to Side Rear Dismount

### **HIGH BAR**

- Pull-up
- Pullover
- Horizontal Cast Back Hip Circle
- Underswing
- 3 Swings (with regripping) to half turn dismount; stick

### **RINGS**

- Jump Catch
- 3 Sec Chin Hold/L Hold
- 3 swings to Inverted Hang
- Pike inverted hang
- Inlocate 3x
- Dismount; stick

### **POMMEL HORSE & MUSHROOM**

- Start with Both Hands on Side of Pommel
- Travel Down to Handles
- 5 Straddle Swings
- 2 Leg Cuts to Front Dismount

- Full Circle

### **FLOOR**

- Kick Handstand Forward Roll
- Run Cartwheel Chasse Cartwheel Step-In
- Backward Roll to Push-up
- Slide to Straddle Stand
- Straddle Sit to Pancake
- Pike to Candlestick Then Stand
- Scale Step-in
- Kick Handstand Bridge, Kick Back Over (end in Lunge)
- Power Round off Rebound to Backward Roll
- Finish

